



CABINET FOR HEALTH
AND FAMILY SERVICES
— Department for —
Community Based Services

August 2021

The Vision

Marta Miranda-Straub, Commissioner

Take pride in our successes

We are proud to share with you the successes/wins that we have achieved as an agency from July 2020 to July 2021. Please review the collective work that we have accomplished together [here](#). As we struggle with the new phase of COVID-19 and the chronic stress and demands of our work, it is important to sit back and reflect on what we have been able to do during this past year. We will continue to advocate for ourselves and our clients. Thank you for your commitment to assisting the most vulnerable of our Commonwealth. I am proud to serve with you.



From the Commissioner

Marta

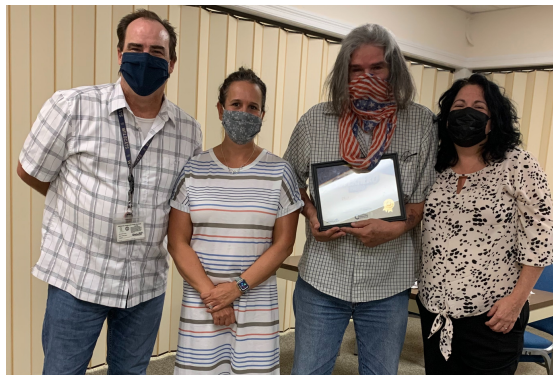
Marta Miranda-Straub, DCBS Commissioner



Teatra Davis, Isaac Rivera, EMSR team are heroes



EMSR Retention and Morale Committee



Field Services Supervisor Charlie Bolton, SRA Kelly Skerchock, Superhero Isaac Rivera and SRAA Kendra Snider



Teatra Davis

Congratulations to the latest DCBS Superhero winners; Teatra Davis of the Two Rivers Service Region, Isaac Rivera of the Northern Bluegrass Service Region and the Eastern Mountain Service Region Retention and Morale Committee.

Read the story [here](#)

The Return on Investment in Child Welfare Prevention Services

Any savvy investor would want to have some reason to believe that they will get a good return on their investment. So, what do we get in return for our increased investment in prevention services? The tricky thing about measuring the effectiveness of prevention initiatives is that it's hard to measure what didn't happen. We can look at whether overall rates of maltreatment or entry into care start to decline, but it's impossible to determine that a specific intervention with a specific family was the thing that prevented that family from becoming involved with the child welfare agency. More

More likely, it's a combination of factors that influence outcomes. However, as we invest more in



**Family
Children
and Youth**

upstream prevention services, we certainly want to examine the relationship between those investments and the outcomes we intend to impact (even if we can't draw a direct causal relationship).

Read the story [here](#)

The Lakes staff spotlighted for service



TRAVONDA VAUGHN



JESSICA OFFUTT

Recently, two staff from The Lakes Service Region were featured for their dedication and service to the community. Travonda Vaughn, a Family Support Office Supervisor in Calloway County Protection and Permanency, raised awareness for homelessness. And Jessica Offutt, a Case Manager II in Hopkins County Family Support, was selected as the Family Support July 2021 Anchor.

Read the story [here](#)

New DCBS virtual backgrounds available

Staff can find virtual backgrounds branded with the DCBS logo on the CHFS intranet. To find them, log in and visit the DCBS page:
<https://chfsnet.ky.gov/dCBS>.

If you need the new DCBS logo for a project or publication, contact anya.weber@ky.gov.



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**TEAM
KENTUCKY**

September is Recovery Month

September is Recovery Month, a time to celebrate the gains made by those living in recovery and to educate Kentuckians that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.

The theme of Recovery Month 2021 is "Recovery is for Everyone," and DCBS supports Kentuckians in recovery through our values and programs. We also support our partners who are dedicated to strengthening individuals in recovery.

Here are some resources that support people in recovery and those who need help for behavioral health or substance misuse issues.

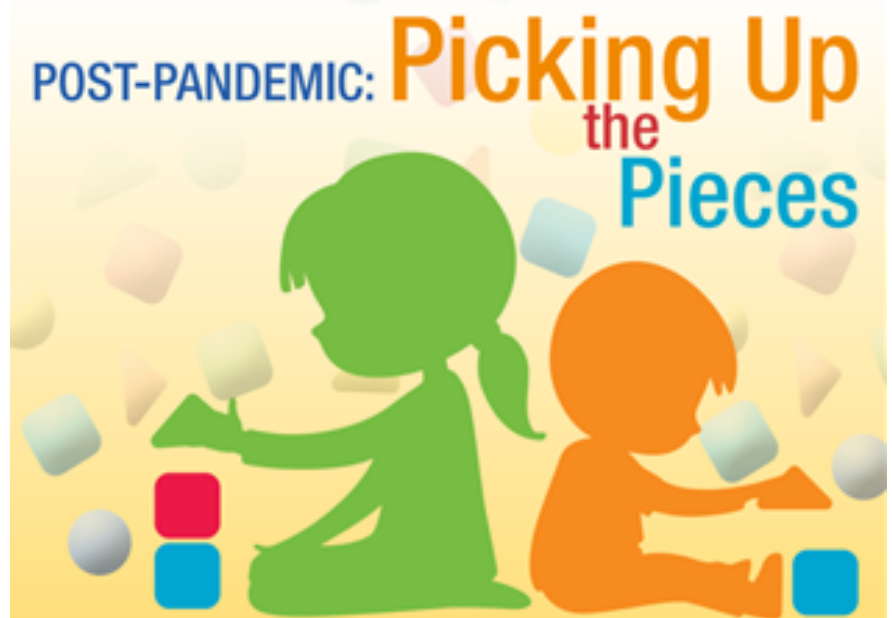
Read the story [here](#)



Kinship Coalition Summit is Sept. 2

Staff is invited to join DCBS partners Kentucky Youth Advocates and the Kinship Families Coalition of Kentucky for their Kinship Coalition Virtual Summit on Thursday, Sept. 2. Staff is invited to join DCBS partners Kentucky Youth Advocates and the Kinship Families Coalition of Kentucky for their Kinship Coalition Virtual Summit on Thursday, Sept. 2.

Read the story [here](#)



Symposium to focus on effects of COVID-19 on child services

DCBS staff is invited to attend a free, virtual half-day behavioral and mental health, physical, social and educational repercussions of the COVID-19 pandemic on children and families.

Norton Healthcare and the University of Louisville School of Medicine Department of Pediatrics will present their 10th annual Pediatric Behavioral and Mental Health Symposium with the theme "Post Pandemic - Picking up the Pieces" on Friday, Sept. 24. The program will be livestreamed from 8 a.m. to 12:15 p.m. EDT.

DCBS Chief Medical Director Dr. David Lohr, who is also an Associate Professor at the Department of Pediatrics at the UofL School of Medicine, is co-director of the symposium.

Read the story [here](#)



Training options available

For staff who want to learn more about how to use Microsoft Teams for meetings and project management, plus other Microsoft programs, there are several online training features.

Read the story [here](#)



VOC members and DCBS Legislative Liaison Laura Begin toured the capitol this summer.



Foster youth join DCBS to tour capitol

DCBS Legislative Liaison Laura Begin guided the Voices of the Commonwealth (VOC) foster youth and alumni organization members on a tour of the state capitol building when it reopened to visitors in July.

In recent years, the VOC has been instrumental in passing laws that allow foster youth to obtain a driver's license, include a foster child bill of rights, and expand the college tuition waiver that foster and adopted youth

may receive, in addition to impacting child welfare policies statewide.

The VOC met with legislators and staff, sat in on a legislative committee meeting, and toured the beautiful capitol grounds.

The VOC is constantly pursuing ways to create positive changes for youth who are or have been in the state's custody.

Living >> Well Finding our life-work balance

Even in this challenging time, "work-life balance" is a self-care and wellness goal we all should strive to achieve to be both optimally productive professionally and satisfied personally. Our wellness partners at WebMD have five tips for us to beat burnout and make more time for the activities and people that matter most to us. You can find more support for your work-life balance goals on the Kentucky Employee Health Plan's (KEHP) LivingWell website: www.webmdhealth.com/kehp.



Health



Schedule your downtime. When you plan each week, make a point to include events with family and friends and activities that will help you recharge. It will give you something to look forward to, and the quality personal time will make you feel peaceful and you'll be more productive.

Drop activities that sap your time or energy. Don't waste time on projects or people that add no value to your well-being. This could be spending breaks with a toxic coworker who gossips too much or using certain apps from your phone. If it doesn't enhance your personal life or career, let it go.

Read the story [here](#)